



»» SNDMOW NEWSLETTER ««

THE BRIGHT SIDE



TOP NEWS OF THE MONTH

CANUEL CATERERS: ALLISON

»» MEET OUR CHEF

Allison works hard everyday to ensure all of our clients receive the nutritious and delicious meals they need to stay healthy. She is great at her job and our clients are enjoying their new meals. Special thanks to our chef for everything she does!

SEPTEMBER 21ST: «« WORLD ALZHEIMER'S DAY

Alzheimer's disease is the most common form of dementia. Dementia is a brain condition affecting the parts of the brain that control memory, thoughts, and language. Continued on next page....

SEPTEMBER: WORLD ALZHEIMER'S MONTH

WORLD ALZHEIMER'S MONTH

OVER 500,000 CANADIANS ARE LIVING WITH DEMENTIA

➤➤➤ RISK

Although the risk of developing Alzheimer's Disease increases with age, it is not a normal part of aging. Scientists are still trying to solve the mystery of what actually causes dementia but it is likely a result of multiple factors as with most chronic diseases. Alzheimer's Disease affects 5% of Canadians aged 65+ and 25% of Canadians aged 85+. Women make up 72% of Canadians who have Alzheimer's Disease, that's 3 out of 10 women!

**DEMENTIA IS NOT A
NORMAL PART OF AGING**

TALK TO YOUR DOCTOR
TODAY
IT'S NEVER TOO EARLY OR
TOO LATE

➤➤➤ WARNING SIGNS OF ALZHEIMER'S

- Memory loss or Impaired judgement that affects day-to-day activities
- Difficulty with words, language, solving problems and completing familiar tasks
- Confusion with time and location
- Misplacing items
- Changes in mood, behavior or personality
- Withdrawal from social activities

➤➤➤ PREVENTION

Reduce your risk of developing Alzheimer's Disease or other forms of Dementia by: following a healthy diet, engaging in daily physical activity, attending social events, avoiding smoking and alcohol, and by challenging your brain by doing puzzles or reading!



➤➤➤ CONNECT WITH US

We invite you to join us on social media, if you are able. You can find us on Facebook, Twitter and Linked In @sndmow or on Instagram @sndmow2021. We also would love to hear your feedback on Google.. Leave us a review on our business page: Surrey-North Delta Meals on Wheels!

THE SCOOP AT SNDMOW

SHARING ALL THE LATEST NEWS WITH YOU

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➤➤ FUNDS & STUFF

Inflation is affecting all of us and that includes the costs of bringing you the fresh, nutritious meals you require to stay healthy in your own home. As you may know, over the last year we have had to change meal providers twice in order to bring you the best quality meals at the most reasonable prices. What you may not know is that Food Banks BC has been covering the increase to our meal costs since April 1, 2022. It is thanks to them that we have been able to continue serving you without raising the cost to you.

We have also received a \$25,000 grant through the New Horizons for Seniors Program to help cover the cost of mileage for our senior volunteers. Our cost for mileage reimbursement for our volunteers is estimated to be \$35,600 for the entire year so we are very thankful for this support.

A big thank you to our clients for their patience during our transitions! A warm welcome to our new clients... We look forward to continuing to serve you as needed!

➤➤ VOLUNTEER ANNIVERSARIES

Kirsty Hermiston and Cassy Docheff are celebrating their 3rd year as volunteers for us on Sept. 14th. George & Judy Madsen are celebrating their 17th year as our volunteers on Sept. 22nd. Kathy Handley is celebrating 2 years on our team of volunteers on Sept. 26th. We are very thankful for all of their commitments to service in our community. Our Grant & Marketing Manager, Amy Roberts, is celebrating her 4th year on staff on September 17th. We are grateful for her hard work and dedication to our organization!

AUGUST STATS:

Meals Delivered:

1,475

Lunches Delivered:

378

Clients Served:

97

Volunteers Delivering:

153

Kilometers Driven:

3,625

